

SPECIALTY CAMPS

GAME ZONE Sports Camp

Ages 6 - 12

This is not the usual sports camp! Every day is full of fun games to play and inspiring stories about champions. You will also make your own wooden pickleball paddle to take home at the end of the week. Join "Coach K" and get in the GAME ZONE! Please wear athletic clothing and running shoes for all weather conditions, and bring a healthy lunch and a water bottle.

Monday - Friday | July 22 - 26

9:00 a.m. - 3:00 p.m.

5/\$240 | Code: 72802

Cowichan Sportsplex

G.O.A.T. Sports Camp

Ages 9 - 12

This is the athlete's dream camp. We'll have guest coaches and focus on a new sport each day. Rugby, lacrosse, field hockey and flag football.

Tuesday - Friday | Aug 6 - 9

8:30 a.m. - 4:00 p.m.

4/\$190 | Code: 72944

Cowichan Sportsplex and CCC

Superstar Sports Camp

Ages 9 - 12

Join us for this exciting camp and get active! Our leaders will create a fun and safe environment for developing sport-specific skills and basic movement skills, with any necessary modifications. Spend time outdoors, play sports, and try new activities in this dynamic camp. Please wear athletic clothing and running shoes, and bring a healthy lunch and a water bottle.

Monday - Friday | 8:30 am - 4:00 pm

July 8 - 12 | 5/\$175 | Code: 72822

July 29 - Aug 2 | 5/\$175 | Code: 72822

Aug 26 - 30 | 5/\$175 | Code: 72822

Cowichan Community Centre

Sailing Camp

Ages 9 - 11

In the CANSail 1 course, students will learn to sail in an Optimist, a small boat used by young sailors worldwide. Students will start by learning how to rig their vessels and playing games to practice basic sailing terms. Before getting on the water, sailors will learn the theory needed to safely manoeuvre their vessels, including finding wind direction, sail trim, and knot tying. By the end of the course, sailors will be able to skipper their vessels around the bay while performing skills such as tacking, gybing, and stopping their boats. This camp is focused on getting young sailors comfortable on the water while having lots of fun. Registration includes Sail Canada membership.

Tuesday - Friday | Aug 6 - 9

9:00 am - 3:30 pm

5/\$420 | Code: 72832

Instructor: CANSail Certified Instructors

Maple Bay Yacht Club

Cowichan Community Centre

2687 James Street

Duncan, BC V9L 2X5

250.748.7529 | tcntr@cvrd.bc.ca

ONLINE REGISTRATION:

To use online registration you will need login information, and a credit card. Please contact your local recreation centre to set up your family's account. You can access online registration from our website www.cvrd.ca

 @mycvrd

 facebook.com/cvrdrec



Arena Programs & Speciality Sports Camps

COWICHAN
COMMUNITY CENTRE



cvrd.ca

ARENA

Everyone Welcome Skates

Bring your family and friends to enjoy some quality time with great music. Admission is only a toonie! Please note that shinny hockey is not available at this time.

Monday - Friday | Aug 12 - 30
12:00 p.m. - 1:20 p.m.
Admission \$2 | Rentals \$3.50

Family Stick & Puck

All Ages

This session is designed for those that are new to the game or who want to brush up on their hockey skills. Children age 9 and under must be accompanied by an on-ice adult. Scrimmages and games are not permitted. Helmets and gloves are mandatory and youth ages 16 and under must have a helmet with a full face cage. Shin guards are strongly recommended.

Tuesdays/Thursdays | Aug 13 - 29
1:30 p.m. - 2:20 p.m.
Regular Admission Rates | Rentals \$3.50

Pioneer Stick & Puck

Ages 50+

Here is a great opportunity to work on some hockey skills, including puck handling, passing, and shooting. This program has the more mature crowd in mind (ages 50+) and is a great way to stay in shape in non-contact and non-scrimmage play. Players must bring their own stick, gloves, and helmet.

Tuesdays/Fridays | Aug 13 - 30
9:00 a.m. - 10:20 a.m.
Regular Admission Rates | Rentals \$3.50

Youth Stick & Puck

Ages 10 - 15

Here is a great opportunity to work on some hockey skills, including puck handling, passing, and shooting. This program is designed for ages 10 - 15 and is a great way to get in some ice time before the season starts. Players must bring their own stick, gloves, and CSA approved helmet with cage. No slap shots or hitting.

Wednesdays | Aug 14 - 28
1:30 p.m. - 3:00 p.m.
Regular Admission Rates | Rentals \$3.50

Shinny Hockey

Ages 10 - 15

Come out for this fun session of shinny hockey, played with foam pucks. Players must bring their own stick, gloves, and CSA helmet with cage. The rink will be split and smaller nets will be used with no goaltender. No slap shots or hitting.

Mondays | Aug 12 - 26
2:00 p.m. - 3:20 p.m.
Regular Admission Rates | Rentals \$3.50

ARENA - THINGS TO REMEMBER:

- **Youth 16 and under MUST have helmet with full face cage for stick & puck sessions**
- **Helmets, sticks & gloves are mandatory for ALL AGES for all stick & puck sessions**

*Please Remember to:
Stay home when you're sick, even
if symptoms are mild.
Wash your hands with soap and
water frequently or use hand
sanitizer.*

Adult Hockey

Ages 16+

This recreational drop-in hockey program is a great opportunity for players of all levels to play hockey. Full gear and CSA approved helmets are required. No slap shots or hitting. Space is limited to 22 players. Goalies play for FREE!

Fridays | Aug 16 - 30
1:30 p.m. - 2:50 p.m.
Regular Admission Rates | Rentals \$3.50

Summer Skate Camp

Ages 6 - 12

This camp is for children who want to improve their skating in a fun and motivating way. Skaters will learn basic skating skills like forward and backward skating, stopping, turning, and jumping through fun, skills-based activities. This camp will be modelled after the Active Communities Learn to Skate requirements, where campers can have their accomplishments transferred to future Learn to Skate programs. Skate rentals are included. All children must bring and wear a helmet and gloves. Prerequisite: Children must be able to stand unassisted and be comfortable on the ice without their parents.

Monday - Friday | Aug 19 - 23
10:30 a.m. - 11:50 a.m.
5/\$65 | Code: 72806

Admission Rates

Public Skating

Adult (19+) \$ 5.00

Senior (55+) \$ 3.50

Minor (3 - 18) \$ 3.50

Toddler (0 - 2) Free

Family (up to 2 adults & 3 minors) \$ 13.50

Family with Skate Rentals \$ 24.00

Parent & Tot Skate \$ 5.00

Hockey

Adult (19+) \$ 7.50

Senior (55+) \$ 6.00

Skate Shop

Skate Sharpening \$ 6.00

Skate Rentals \$ 3.50